

# Self-Hypnosis Workshop



This workshop will demystify hypnosis. You will learn what hypnosis is, how it works and experience a stress-reduction hypnosis. All that is required is an open mind, an imagination and a willingness to follow guided visualization directions.

Come and learn how hypnosis can help you help yourself. All hypnosis is self hypnosis, whether you are guided by a skilled hypnotherapist or learn the techniques to apply hypnosis to yourself. Simply put, hypnosis is a relaxed state of awareness in which brain wave patterns slow down, providing access to our subconscious mind, which governs our habits and behavioral patterns. Hypnosis can help erase past negative influences and establish positive belief patterns that can result in accelerated behavioral change. Hypnosis cannot make anyone do something that is totally contrary to their core belief system. It's relaxing and fun. It's not mind control.

**Hypnosis has shown to be effective solutions for:**

**Weight loss • stress reduction • smoking cessation • self-confidence • improving sports performance • improving study habits • better sleep • over coming fears and phobias**

**Monday, Sept 21st**

**6:30 pm –8:00 pm**

**Fee: \$40.00**

**The Center, 1 Hoffman St.**

**Pre-payment & registration is necessary**

**Contact The Center at 315.704.0319**

**[www.TheCenter4Wellness.com](http://www.TheCenter4Wellness.com)**



**Your Instructor: Constance Heagerty, CHT**

Connie is a mind/body de-stress educator who is certified in Yoga, Reiki, Tai-chi, Hypnosis and is a trained meditation instructor. She is a member of The American Board of Hypnotherapy, The International Association of Mind-Body Professionals and The Yoga Network.